



WELLNESS DAY

True wellness embraces physical, emotional, mental and spiritual health. Spend some time learning to look after you with tips and tricks to help you in your journey

Thursday Sept 14 at 11am-2pm

Time	Activity
11am	Welcome message from Victoria plus a brain game!
11:15am	Headspace meditation
11:20am	Yoga for all abilities
11:40am	Body awareness
11:50pm	Self care for tension headaches
12:00pm	Healthy mindful lunch
12:45pm	What are anxiety and depression and brain colouring
1:10pm	Diaphragmatic breathing techniques
1:25pm	Headspace meditation
1:30pm	Panel Q & A
1:50pm	Closing
1:55pm	Lucky draw prize

Please bring a plate of healthy food to share for lunch.

Lucky Draw Prizes

10 participants will be drawn at random for:
A 15 minute massage chair voucher, valued at \$22

Contact us to reserve your spot on

07 3261 1249

Inspiring action! 